



Vegetable of the Week: Spinach

Healthy recipe idea: Spinach Lasagna with Vegetables

Ingredients:

1 box of lasagna noodles
2 cups of spinach (fresh or frozen), well drained and patted dry
1/2 cup peas (fresh, frozen, or canned)
2 tsp. sugar
1/4 cup celery, chopped
1/4 cup onion, chopped
1/2 cup mozzarella cheese
1/2 cup low fat spaghetti sauce



Directions:

Preheat oven to 350°. Cook lasagna noodles according to directions on box. Cook spinach, peas, celery, and onion on stovetop until vegetables are soft; add sugar. In a glass pan or casserole dish, layer lasagna noodles and spinach mixture. Top with mozzarella cheese and sauce. Continue the above until you reach your third layer. Spread sauce over top layer and bake for 45 minutes.

How do I prepare my fresh spinach?

Choose dark green crisp leaves. Avoid limp, damaged, spotted, or slimy spinach. Spinach can be gritty, so wash and dry thoroughly. Store wrapped in paper towels inside a plastic bag in the refrigerator for up to the week. Remove tough stems and discard. Pack leaves tightly into measure, as it will shrink a lot after cooking. Combine veggies in a pot on the stove with a little water. Cover and cook over medium low until spinach darkens and veggies soften. This will take longer than if frozen or canned veggies are used.